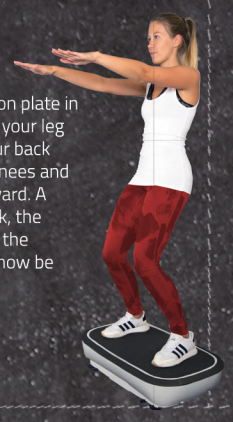
Training with the Vibration Plate

Crouched position

Get stand on the vibration plate in shoulder width. Tighten your leg muscles lightly, hold your back upright and bend your knees and upper body slightly forward. A slight tension in the back, the front thigh muscles and the gluteal muscles should now be noticeable.



Lunge

Place one foot in the middle of the plate. Use the other leg to make a large, stretched step backwards on the floor. Keep your back stretched and your upper body relaxed while your front leg stands firmly on the plate and you tighten your leg muscles. Now you should feel a tension in the entire area of the thigh and buttocks muscles.

Arm flexor Exercise

Stand on the vibrating plate with slightly bent knees and straight back. Pull the straps tightly upwards and make sure to keep the wrists straight. Now you should feel a tension in the biceps.

Arm extensor Exercise

Sit with your back towards the plate. Now use your hands to lift yourself up from the plate. Then lower your body again. Make sure to hold your shoulder blades together and to bend your elbows slightly. You should now feel tension in your shoulders and your upper arms. Variation: Try this exercise with the legs stretched.

Classic Push-up

Support yourself up from the plate with your hands, positioned on shoulder width. Keep your legs stretched from your body on the ground. Your upper body is above the plate. Hold this position with your arms outstretched. Now lower your upper body and support yourself again. Repeat this procedure.

Chest Push-up

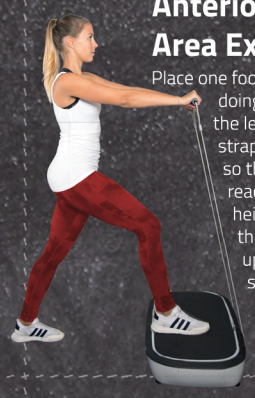
Support yourself up from the vibrating plate with your hands slightly turned inwards and positioned at shoulder width. Your legs will be slightly bent and your knees will be on the ground. Now lower your upper body, bend your elbows outwards and hold the tension in your abdominal muscles.

Back Area Exercise

Stand with both legs on the plate. Bend your upper body slightly and tense the abdominal muscles. Hold the grip ends of both ligaments in your hands with the thumbs pointing out and pull the elbows up.

Anterior Shoulder Area Exercise

Place one foot on the Plate by doing a wide step. Adjust the length of the two straps with both hands so that your elbows reach about shoulder height, whilst pulling the straps vigorously upwards with straight wrists.



Shoulder Girdle Area Exercise

Standing on the plate, with your upper body slightly bent forward and tense abdominal muscles and holding the grip ends of the two ligaments with thumbs pointing outwards, pull the elbows upwards.

Back Arch

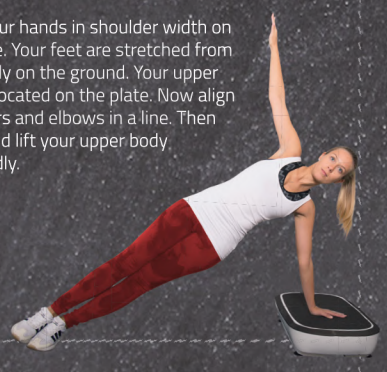
Lay down on your back and stand with your legs bent, both feet on the plate. Now lift your lower body up until it forms a line with the thighs. Tighten the abdominal and gluteal muscles and pull your feet alternately towards the buttocks.

Lateral Leg Lift Exercise

Lay down sideways on the plate. Support yourself with one hand on the ground and the other hand on the handle of the plate. Keep your legs stretched and pull both legs upwards as far as possible. Hold the tension.

Lateral Plank Exercise

Place your hands in shoulder width on the plate. Your feet are stretched from your body on the ground. Your upper body is located on the plate. Now align shoulders and elbows in a line. Then lower and lift your upper body repeatedly.



Bent Pull Exercise

Get on the ground in front of the plate. Pull the straps upwards, each to the sides of your body. Stretch your chest forward, hold your shoulder blades together and pull your arms parallel to the back. You should feel tension in the shoulders and upper back.

Oblique abdominal muscle

Sit on the table top and lean back with a straight back about 45°. Now pull one leg tight and stretch the other. Turn your upper body slightly diagonally and hold the tension. Attention: This exercise is not recommended for people with back-related problems.

Straight abdominal muscle

Sit on the plate with your upper body straight and upright. Place your hands on the side of the plate and lean back about 45°. Now lift your legs at a right angle and stretch your arms forward. Hold the bodily tension. Attention: This exercise is not recommended for people with back-related problems.

SPORTSTECH

Stretching and Massage

Inside Upper thigh

Lay down, facing the device, with one side of your body on the ground, so that you can place your upper leg on the vibrating plate on the inner side of your thigh. Make sure that only the inner side of the thigh comes into contact with the vibrating plate. Then change the leg.

Upper thighs back & Buttocks

Place the back of both legs and optionally also the buttocks on the vibration plate.

Upper thigh outside & Buttocks

Place the upper thigh and hip laterally on the vibrating plate and support yourself with one hand on the ground. Then change sides.

Upper thigh anterior side

Mit den Vorderseiten der Oberschenkel auf die Platte legen und den Oberkörper mit den Unterarmen auf dem Boden abstützen. Nicht mit dem Unterkörper oder Bauch auf die Vibrations-platte legen.

Calves

Put your calves on the plate and support yourself on the ground with your hands.

Full upper body

Kneel in front of the device and grab the rear edge of the plate so that your arms are lying lengthwise, then stretch your body as much as possible. You should feel an extension in the back and shoulder area.